

I CLAIM:

1 1. A surgical retractor blade comprising:

2 an elongated body comprising a surface suitable for  
3 abutting against soft delicate tissue, a retractor  
4 engagement end, and comprising a first anchor guide  
5 portion for receiving an anchor, and

6 a first anchor positioned through the first anchor  
7 guide portion, having a first end suitable for anchoring  
8 into bone.

1 2. The surgical retractor blade of claim 1, wherein the  
2 elongated body further comprises a portion having a slip  
3 resistant surface for contact with bone.

1 3. The surgical retractor blade of claim 1, wherein the  
2 anchor comprises a second end suitable for engagement  
3 with a distractor.

1 4. The surgical retractor blade of claim 1, wherein the  
2 anchor is selected from the group consisting of pins,  
3 screws, pegs, rods, and fasteners.

4 5. The surgical retractor blade of claim 1, further  
5 comprising a second anchor guide portion for receiving an  
6 anchor, and

7 a second anchor positioned through the second anchor  
8 guide portion and into the bone.

9 6. A surgical method for retracting tissue adjacent to  
10 bone comprising:

11 (A) making a surgical incision into tissue adjacent  
12 to bone sufficient to expose the bone;

13 (B) positioning a first anchorable surgical  
14 retractor blade in the incision, wherein the blade  
15 comprises:

16 an elongated body comprising a surface  
17 suitable for abutting against soft delicate  
18 tissue, a retractor engagement end, and

19 comprising a first anchor guide portion for  
20 receiving an anchor;

21 (C) positioning a complimentary surgical retractor  
22 blade in the incision;

23 (D) affixing the first anchorable and complimentary  
24 retractor blades to a retractor;

25 (E) operating the retractor to retract the tissue  
26 and expose the bone;

27 (F) positioning a first anchor through the first  
28 anchor guide portion and into the bone.

1 7. The surgical retractor blade of claim 1, wherein the  
2 elongated body further comprises a portion having a slip  
3 resistant surface for contact with bone.

1 8. The method of claim 6, wherein the anchor comprises  
2 a second end suitable for engagement with a distractor.

1 9. The method of claim 6, wherein the anchor is  
2 selected from the group consisting of pins, screws, pegs,  
3 rods, and fasteners.

4 10. The method of claim 6, wherein the first retractor  
5 blade further comprises a second anchor guide portion for  
6 receiving an anchor, and wherein step (F) of the method  
7 further comprises positioning a second anchor through the  
8 second anchor guide portion and into the bone.

9 11. The method of claim 6, wherein step (B) further  
10 comprises positioning a second anchorable surgical  
11 retractor blade in the incision, wherein the second blade  
12 comprises an elongated body comprising a surface suitable  
13 for abutting against soft delicate tissue, a retractor  
14 engagement end, and comprising a second anchor guide  
15 portion for receiving an anchor, and wherein step (F)  
16 further comprises positioning the first anchor through  
17 the second anchor guide portion; and wherein step (D)

18 further comprises affixing the second anchorable  
19 retractor blade to the retractor.

20 12. The method of claim 6, wherein step (B) further  
21 comprises positioning a second anchorable surgical  
22 retractor blade in the incision, wherein the second blade  
23 comprises an elongated body comprising a surface suitable  
24 for abutting against soft delicate tissue, a retractor  
25 engagement end, and comprising a second anchor guide  
26 portion for receiving an anchor, and wherein step (F)  
27 further comprises positioning a second anchor through the  
28 second anchor guide portion and into the bone; and  
29 wherein step (D) further comprises affixing the second  
30 anchorable retractor blade to the retractor.

31 13. The method of claim 6, further comprising:

32 (G) affixing the first and second anchorable  
33 retractor blades to a distractor;

34 (H) operating the distractor to distract the bone.

35

36 14. A retractor blade kit comprising:

37 a first elongated body comprising a surface suitable  
38 for abutting against soft delicate tissue, a retractor  
39 engagement end, and comprising a first anchor guide  
40 portion for receiving an anchor, and

41 a first anchor positionable through the first anchor  
42 guide portion, having a first end suitable for anchoring  
43 into bone.

1 15. The surgical retractor blade kit of claim 13,  
2 further comprising:

3 a second elongated body comprising a surface  
4 suitable for abutting against soft delicate tissue, a  
5 retractor engagement end, and comprising a second anchor  
6 guide portion for receiving an anchor, and

7 wherein the first anchor is further positionable  
8 through the second anchor guide portion.

1 16. The surgical retractor blade kit of claim 13,  
2 wherein the elongated body further comprises a portion  
3 having a slip resistant surface for contact with bone.

1 17. The surgical retractor blade kit of claim 13,  
2 wherein the anchor comprises a second end suitable for  
3 engagement with a distractor.

1 18. The surgical retractor blade kit claim 13, wherein  
2 the anchor is selected from the group consisting of pins,  
3 screws, pegs, rods, and fasteners.

1 19. A surgical retractor comprising:  
2 a first arm having a finger grip section,  
3 a second arm having a finger grip section, and  
4 pivotally connected to the first arm,  
5 a first surgical retractor blade supported by the  
6 first arm, comprising  
7 an elongated body comprising a surface  
8 suitable for abutting against soft delicate

9 tissue, and comprising an anchor guide portion  
10 for receiving an anchor, and  
11 an anchor positioned through the anchor guide  
12 portion, having a first end suitable for  
13 anchoring into bone.

1 20. The surgical retractor of claim 19, wherein the  
2 elongated body further comprises a portion having a slip  
3 resistant surface for contact with bone.

1 21. The surgical retractor of claim 19, wherein the  
2 anchor is selected from the group consisting of pins,  
3 screws, pegs, rods, and fasteners.

1 22. The surgical retractor of claim 19, further  
2 comprising:

3 a distractor in engagement with the anchor.

1 23. The surgical retractor of claim 19, further  
2 comprising, a complimentary retractor blade paired with



3 the first surgical retractor blade, supported by the  
4 second arm.

1 24. The surgical retractor of claim 19, further  
2 comprising:

3 a second surgical retractor blade supported by the  
4 first arm, comprising

5 an elongated body comprising a surface  
6 suitable for abutting against soft delicate  
7 tissue, and comprising an anchor guide portion  
8 for receiving an anchor, and

9 an anchor positioned through the anchor guide  
10 portion, having a first end suitable for  
11 anchoring into bone.

1 25. The surgical retractor of claim 19, further  
2 comprising, two complimentary retractor blades paired  
3 with each of the first and second surgical retractor  
4 blades, with these complimentary retractor blades  
5 supported by the second arm.

1 26. A method of retracting tissues adjacent a bone,  
2 using a retractor blade comprising a surface suitable for  
3 abutting against tissue, and comprising an anchor guide  
4 portion for receiving an anchor, and using an anchor  
5 positionable through the anchor guide portion, having a  
6 first end suitable for anchoring into bone, the method  
7 comprising:

8 (a) placing said retractor blade in a wound  
9 opening;

10 (b) retracting tissues surrounding the wound  
11 opening with the retractor blade;

12 (c) positioning the retractor blade against the  
13 bone;

14 (d) positioning the anchor through the anchor  
15 guide; and

(e) securing the anchor in the bone.